

The claims defining the invention are as follows:

1. A book rest comprises a bean filled bag, with concave shaped inserts of flat sections, one on which the book sits, with the back of the book resting on the other two corresponding sections.
2. A book rest as claimed in claim 1. Where in the book rest has an adjustable page holder that holds the pages open so as to enable the user hands free reading.
3. A book rest as claimed in claims 1 and 2 where the bean filled bag is made of a P.V.C. plastic.
4. A book rest as claimed in claims 1 – 3 where the bean filled bag is made of a woven fabric.
5. A book rest as claimed in claims 1 – 4 where the bean filled bag is made of vinyl.
6. A book rest as claimed in claims 1 – 5 where the bean filled bag is made of a cloth material.
7. A book rest as claimed in claims 1 – 6 where the bean filled bag is accompanied by a page holder, which is made of perspex.
8. A book rest as claimed in claims 1 – 7 where the bean filled bag is accompanied by a page holder, which is made of plastic.
9. A book rest as claimed in claims 1 – 8 where the bean filled bag is accompanied by a page holder, which is made of wood.
10. A book rest as claimed in claims 1 – 9 where the bean filled bag is accompanied by a page holder, which is made of fibre glass.
11. A book rest as claimed in claims 1 – 10 where the bean filled bag is accompanied by a page holder, which is made of carbon fibre compound.
12. A book rest and page holder as herein before described with references to figures 1 – 3 of the accompanying drawings.